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Welsh Olympic legend Jamie Baulch helped launch a giant set of Olympic Rings that have been set up outside City Hall. The rings mark the countdown to the 2012 Games and the arrival of Olympic Football in Cardiff. The coloured rings, which represent the five continents, stand 18m wide and 8m tall and will remain in place for the duration of the Games.

New administration elected to run Cardiff Council

CARDIFF Council will be run by a new Labour administration for the next five years following the results of the local government elections.

Labour won an overall majority with 46 seats, the Liberal Democrats have 16, Conservatives seven, Independents three, Plaid Cymru two and Heath and Birchgrove Independents one.

Labour leader Councillor Heather Joyce was elected Leader of the Council at the first meeting of the authority. Her deputy will be Councillor Ralph Cook.

Councillor Joyce said: "I am delighted and proud to be the Leader for Cardiff and honoured to be able to take on the challenge of leading Wales's largest local authority, making a difference to the lives of everyone in this great city."

"I am particularly looking forward to getting out and about and meeting the people on the frontline who deliver so many important services to the residents of Wales's capital and am committed to visiting all areas of the Council to meet as many employees as possible."

"I have a lot of ambition for Cardiff and am really looking forward to seeing those ambitions come to fruition, establishing the Council as a genuine Co-operative Council managing in a sense of partnership, mutual respect, mutual challenge and securing improved delivery of services."

"I know that being Leader of Cardiff Council is going to be a huge challenge but it is one which I am excited about as it means I can make a real difference to lives of the people in our communities and help

shape the future of this city I am proud to call home."

A cabinet of nine Labour councillors has also elected. They are Council Leader Heather Joyce (Corporate Affairs); Councillor Luke Holland (Social Care, Health and Wellbeing - Adult Services); Councillor Richard Cook (Social Care, Health and Wellbeing - Children's Services); Councillor Lynda Thorne (Communities, Housing and Social Justice); Councillor Julia Magill (Education and Lifelong Learning - including Libraries);

Councillor Ashley Govier (Environment); Councillor Russell Goodway (Finance, Business and Local Economy); Councillor Huw Thomas (Sport, Leisure and Culture - including parks) and Deputy Council Leader Ralph Cook (Strategic Planning, Highways, Traffic and Transportation).

Councillor Cerys Furlong was elected Chairman of the Council with the council also electing chairs of scrutiny and other committees.

• See centre pages for full details.

Cardiff Council Issue 138 June 2012



NEWS



Opening date for Cardiff's latest attraction announced – see page 3



Big Gig winners big night out – see page 5

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You can also e-mail us at
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Don't forget

When you've read the Capital Times, make sure you recycle it.



The latest in a regular series looking at jobs carried out by Council employees. This month **Steve Atkins**, Waste Enforcement Officer, talks to Capital Times



CARDIFF is a beautiful city and it's brilliant to be part of a team responsible for helping to keep it clean. As a council, we provide bins, bags, caddies and all the information you need to keep Cardiff tidy but some people persist in throwing their litter on the floor or putting the wrong waste in their bags and bins and putting them out on the wrong day. All these actions contribute to making a mess on our streets.

We use enforcement as a last resort and look to educate and inform as far as possible but where education no longer works we have no option but to enforce.

I joined the enforcement team in 2005 and manage

one of four teams assigned to deal with education and enforcement across the city. Since moving to a weekly recycling and food collection, it's had a really positive impact on recycling rates but we're still getting problems in some streets with black bags put out on the wrong week and bins left out on the pavement for long periods of time. As part of the education enforcement team, I go out knocking doors, talking to tenants and residents.

We will issue a letter to the street when we know there's a problem. If that doesn't work, we home in on the particular properties with the second stage, another more targeted letter. You'll see a gradual decline in

problems in the street by then. By the time we've issued a notice, it's been narrowed down to a couple of properties we need to deal with and this can often lead to fixed penalty notices being issued.

Many residents are supportive and actually feed the team with complaints and information. If there's a problem property in their area, residents will ring C2C on 029 2087 2087 and the calls come through to us. It's a great system, the calls filter out to our teams and I will go out and visit. People see the results and we actually receive a lot of thanks and that's a real benefit in the job.

I do find the work very satisfying, whether it's

prosecuting a serial fly tipper or helping individuals with an assisted collection service and it's easier now than it ever has been to get informed about what recycling and waste you put out on what days. Most people can pick up the phone to get advice or have access to computers, our public libraries have computers and all the information is on the internet. We've also got Tidy Text which is a great service, especially for the students, you get a text the day before saying what you need to put out in your area.

It can be very frustrating, I'll often look in a black bag to identify a culprit and most of the waste inside

could be recycled. One recent black bag I opened even contained our printed collection calendar which clearly wasn't consulted and could have been recycled!

People have never been so media-savvy so there's no excuse as we have information across every channel of communication. I just ask people to be aware of when the collection days are and make sure you're doing it correctly. It's easy - it is just certain items in certain bags, sort your food waste and put it out on the right day, it's something everyone has to do. I enjoy helping residents and getting the message out there as well as tackling the few individuals that are socially irresponsible.

Food Safety Week -
Be safe with food

FOOD Safety Week takes place this month from June 11 to June 17 and the theme this year is 'food safety on a budget'.

Each month the average family throws out around £50 of good food. With prices rising, that's something few of us can afford. But at the same time, we need to eat safely. So how can we make sure we don't throw away food that's still good to eat - without taking chances with food that could make us ill?

The two key things to remember are: know, understand and follow your use by and best before date labels and use up any leftovers safely

'Use by' is the really important one as it relates to safety - we should never eat food past the end of its 'use by'. However if a food can be frozen its life can be extended - freeze it before the 'use by' date, then defrost and use it within 24 hours.

We should all check the 'use by' dates on the food in our fridges on a regular basis and be sure to use (eat, cook or freeze) food before its 'use by' to help us avoid throwing food away unnecessarily.

'Best before' dates show how long the food will be at its best quality - it doesn't refer to safety. Using food after the 'best before' means that it will

just not be at its best in terms of quality.

The exception to this rule is eggs, providing the eggs are cooked thoroughly, they can be eaten a day or two after their 'best before' date but not longer than this.

'Display Until' can be safely ignored - that's just for shop staff.

Making the most of good food leftover at the end of a meal can be a great way to save money.

Leftovers should be cooled as quickly as possible (ideally within 90 minutes - putting into individual portions, transferring to a container and immersing in cold water can

speed up the cooling process) cover well such as in an air-tight storage container, get them in the fridge and eat them up within two days.

Pay particular attention to storage and reheating advice for leftover rice. Ideally eat it straight after cooking. If not, cool as quickly as possible, ideally within one hour and store in the fridge and keep for no longer than one day before reheating until piping hot and eating

If we know we won't eat leftovers up in the next few days the freezer is a real hero - cool before putting in the freezer and label with the date frozen and product name - they

can be safely stored there forever but the quality will deteriorate so it's best to eat them within three months.

When we fancy a bit of bolognese or a pasta salad for lunch, simply defrost in the fridge or in the microwave if eating it straightaway.

Defrosted leftovers should be eaten within 24 hours of defrosting and not refrozen. The exception to this is when defrosting raw food, such as meat or poultry, once cooked it can be refrozen safely.

Cook leftovers until steaming hot throughout.

• For more information on food safety and food safety week go to www.food.gov.uk

Who's Cardiff's latest attraction?

Nina Robinson



• Cardiff & Co managing director Roger Pride with Paula Al-Lach, Head of Exhibitions and Events at BBC Worldwide, at the launch (above) and the first Doctor Who props being carried into the new building.

THE Doctor Who Experience is set to open in Cardiff Bay on Friday, July 20.

The announcement was made at an event at the Experience's distinctive new building in Porth Teigr which Cardiff Council has handed over to BBC Worldwide to run the attraction.

The Doctor Who Experience is the first ever interactive Doctor Who exhibition that invites visitors to star in their very own Doctor Who adventure. Arriving at the venue they will step through a crack in time to become the Doctor's companion, taking on the challenge of reuniting the Doctor with the TARDIS whilst fending off threats from some of his most fearsome foes - entering a Dalek spaceship and finding a way through a maze of Weeping Angels.

Featuring a replica of the Eleventh Doctor's TARDIS which visitors get to fly themselves the interactive walk-through culminates in a stunning 3D finale that sets the scene for fans entering the exhibition.

The exhibition presents fans with the world's most extensive collection of original Doctor Who costumes and artefacts stretching back almost 50 years to the very first series of Doctor Who.

The content of the exhibition is updated constantly with new items from the television series to ensure it is ever changing, offering fans the chance to get up close to the incredible sets, costumes and props that feature in their favourite show. New items to be shown to the public for the first time in Cardiff include the Doctor's cradle seen in A Good Man Goes to War; the Silence spaceship and Matt Smith's sonic cane from Let's Kill Hitler with many more items being kept under wraps until the doors open on July 20.

Councillor Huw Thomas, Cardiff Council's Cabinet Member for Sport, Leisure and Culture, said: "Doctor Who is a global brand and is something

that has really helped boost the profile of Cardiff internationally. It is very exciting that we are now getting closer to the date that The Doctor Who Experience will open to the public. This attraction will bring millions of pounds into the economy and the benefits to Cardiff will be immense in terms of tourism."

Philip Murphy, Managing Director of BBC Worldwide Live Events said: "The Doctor Who Experience in Cardiff is going to be just minutes away from where the BBC Wales television series is made which I'm incredibly excited about. The Experience sets out to engage visitors' imaginations from the outset immersing them in the world of Doctor Who and what better place to do this than in Cardiff the home of the show."

• Tickets will go on sale at 10am on June 14. Go to www.doctorwhoexperience.com for more details.

Kitchener Primary School celebrates its 100th birthday

STAFF and pupils at Kitchener Primary School in Riverside recently marked its centenary with a celebratory show and exhibition.

Kitchener Primary was officially opened on May 20, 1912 by the Lord Mayor of Cardiff, Alderman J W Courtis. The school cost £11,103 to build and it was believed to be the cheapest elementary school to be built in the city at that time. All of the children were given a day's holiday to celebrate the new school.

The school has taught many generations of children from Canton, Riverside and Leckwith and has seen many changes over the last 100 years. Kitchener has a proud history of high standards, strong partnerships, respect, hard work and good relationships, which is as evident today as it was one hundred years ago.

A centenary show written, produced and directed by school staff was performed as part of the celebrations. The play followed Doctor Who and Year Six pupils on their adventures through the century. Over 100 pupils from years two to six dressed in period costumes and chronicled events such as the Queen's Coronation, the fall of the Berlin Wall and Neil Armstrong walking on the moon.

All the children in the school spent a term using the Glamorgan Archives, libraries, old log books and the internet to research the past, learning a lot about their school and the community.

Former pupils of Kitchener have also visited to talk to the children about their school day memories. Amongst these people was a lady whose father had been one of the

first children to ride 'Bessie', the school rocking horse, in around 1912. She brought a photograph of her father on the rocking horse. Another visitor brought in his grandfather's football medals awarded when Kitchener won the Seager Cup in the 1930-1931 season.

The school raised funds to produce a mural of Bessie the rocking horse with the help of local artist Kate Derbyshire and new gates for the main entrance to the school, complete with logo and the mural will be a permanent reminder of the centenary.

Kitchener Primary Headteacher, Mrs Jane Evans, said: "All of the Staff and children have worked very hard to produce a fantastic show, exhibition and displays around the school which have made the



centenary a success. We have all thoroughly enjoyed the

celebrations and learned a lot about the history of the school

and its importance to the community it serves."



Council help for first time buyers

THE Council has teamed up with Lloyds TSB to help first time buyers get on the property ladder and purchase a home with a deposit of just five per cent.

The Local Lend a Hand product is available in branches of Lloyds TSB across Cardiff now. Those interested in applying should contact their local branch.

Lloyds TSB worked with Sector Treasury Services, part of the Capita Group, to develop the Local Lend a Hand product and has launched it across the UK, with Cardiff being the first local authority in South Wales to support the scheme. The product enables borrowers to buy their first home with a deposit less than the 25 per cent required by most mortgage lenders. The fixed rate mortgage products that will be available during this scheme will also be at a lower rate of interest than would normally be available for this level of deposit.

Subject to Lloyds TSB's usual lending criteria, borrowers are able to select any property within the local area (excluding new build properties), up to a maximum loan size of £133,000. First time buyers will put down five per cent of the property price, and Cardiff Council will provide a cash backed indemnity of up to 20 per cent as additional security. The local authority then earns interest on this amount.

The first time buyer owns the property in its entirety, and will have access to a range of products at a lower rate of interest than would normally be available for this level of deposit.

Councillor Lynda Thorne, Cardiff Council's Cabinet Member for Communities, Housing and Social Justice, said: "I am delighted we are able to offer the Local Lend a Hand scheme which will provide a huge help for first time buyers in

Cardiff and will kick start the housing market and boosting the local economy.

"Cardiff is the first local authority in South Wales to be able to offer this product, which has already been introduced by a number of local authorities in the UK. Initial pilot schemes are now flourishing and have helped many first time buyers get onto the property market. I am positive the Cardiff Scheme will prove just as successful.

Stephen Noakes, commercial director, mortgages said: "With the launch of Local Lend a Hand in Cardiff, we're making the housing market more accessible to more people. We know that many young people turn to the bank of mum and dad to get their foot on the ladder, but that is not a solution for everyone.

"Helping people to buy their first home is crucial in achieving and maintaining a sustainable

housing market. Local Lend a Hand addresses some of the real problems that prospective buyers in Cardiff might face."

Cecilie Booth, Director at Sector Treasury Services, said: "Many potential first-time buyers in Cardiff, including those on the council's housing waiting list, or currently occupying affordable or social housing units, are unable to save a sufficient deposit, even though they could afford mortgage repayments on a typical first home. This initiative is designed to bridge that gap. Local authorities can free up social housing for the more vulnerable and reduce payouts to private landlords and expensive short-term accommodation. More people will be able to take the step of buying their first home, stimulating the local housing market and benefiting the wider local economy."

Brenda saves the day



• Brenda Waters with Kenneth Dawkins.

Families make a splash at pool fun day



CARDIFF International Pool held an open day for families which was declared a resounding success.

Olympic hopefuls Chloe Tutton, Alfie Howes and Tom Haffield all attended the event taking part in swimming sessions in the main pool while throughout

the building a host of events and activities took place. In the main pool children had fun trying out an inflatable assault course and taking part in family swim relays, while a disco took place all day in the leisure pool.

In the gym there were studio taster sessions as well

as Zumba and Street Dance demonstrations.

People attending the fun day also got to take part in prize draws and themed fancy dress.

Fitness and Sales Manager at the pool, Lisa O'Neill, said: "The day was a huge success and everyone really enjoyed

themselves. We had a packed programme of events and it really helped show off all the marvellous facilities we have on offer here. Parents also had the opportunity to have swim assessments carried out for their children looking to start swimming lessons."

QUICK thinking Brenda Waters has been praised after her actions helped prevent a serious incident.

Brenda, who works for the council's community alarm service, had taken an evening out of hours call from a resident in Sloper Road regarding their smoke detector which was going off continuously, despite no obvious sign of fire.

However Brenda decided to call the Fire Service when the resident explained that their neighbour's smoke alarm was going off as well. She also told the caller to vacate her property until the Fire Service arrived.

The council sent an electrician to the property who reported back that the Fire Service had forced entry into the neighbour's home and discovered a fire which they had dealt with and that Brenda's actions had probably "saved lives".

Kenneth Dawkins, who lives at the property thanked Brenda for her actions. He said: "I had put the ham on the gas on a low heat and went to bingo. I thought my wife had turned it off but she thought I had turned it off. The neighbours were banging on the door but we weren't there."

Pete Jenkins, Group Manager (Cardiff Fire Stations), South Wales Fire and Rescue Service said: "This is another example of how having a working smoke alarm can save lives. "South Wales Fire and Rescue Service was alerted quickly to the incident and was able to attend promptly and stop the fire from causing more damage than what it did."

Brenda said she put her quick thinking and calm manner down to experience. "I have worked here for eight years now and love my job. Every day, even every hour is different. I am very pleased to have been able to put my experience into action."

Councillor Lynda Thorne, Cardiff Council's Cabinet Member for Communities, Housing and Social Justice, said: "Brenda showed great sense and awareness in telling residents to vacate the property and calling the Fire Service despite there being no evidence of a fire. This also shows the importance of fitting a fire alarm – they really do save lives."

For more details about the Community Alarm Service call 029 2061 4852 or email communityalarm@cardiff.gov.uk

Showers don't dampen the RHS show



Alex Jones (above) with her daffodil and the three winning wheelbarrow entries; Ty Gwyn School (top left), Radyr (middle), and Ysgol Pwll Coch (bottom left).



PEOPLE braved the showers to attend the Royal Horticultural Society (RHS) Show at Bute Park for a weekend of flowers, flora and fun.

More than 24,000 people enjoyed a fantastic three days in the marvellous setting of the park at the first outdoor show of the Royal Horticultural Society season, which provided the finale to the very first National Gardening Week.

Amongst the attractions was the ever popular and colourful Schools Wheelbarrow competition. Out of all the

displays judged on the day Ty Gwyn Special School emerged victorious with their hugely popular floral Paralympian, triumphing over runner-up Radyr Primary School and third place Ysgol Pwll Coch.

BBC One Show presenter Alex Jones returned to her Welsh roots to show her family the daffodil that bears her name, grown by eight times Gold Medal winner, Ron Scamp, of Quality Daffodils.

Alex said: "I'm very touched to have one of the Welsh national emblems, the beautiful daffodil,

named in my honour. It's wonderful that Alex Jones the daffodil will live on after me for years to come. It was a very emotional moment when I saw the flower for the first time, and it's the prettiest daffodil I've ever seen."

RHS Shows Director, Stephen Bennett, said: "The rain is welcome news for gardeners across the UK, and the showers did nothing to diminish the spirits of the crowds who turned out to these beautiful parklands in the heart of Cardiff. This show represents a great

partnership between the RHS and Cardiff Council, and is now firmly established in the horticultural calendar."



• Big Gig winners Rusty Shackle

Big Gig winners ain't so rusty

AFTER hundreds of entries and three incredible nights of live music at The Globe, folk-roots band Rusty Shackle won The Big Gig 2012.

Their winning performance secured them a place in the line-up for the London 2012 Olympic Torch Relay Special City Celebration, presented by Coca-Cola at Cooper's Field.

The banjo plucking maestros from Monmouthshire joined Brit Award winner Emeli Sande, You Me at Six and Cardiff band Kids in Glass Houses to play at the historic concert.

Cardiff Dance group Rubicon Dance, an 80 strong band, also performed and represented the community at the event.

Rusty Shackle formed in 2010 and are made up of, Liam Collins, Scott McKean, James McKean, Baz Barwick and Owen Emmanuel.

The band will also receive airplay on Nation Radio and all finalists will receive studio

recording time at the Machinerooms recording studio in Cardiff.

In second place at the Big Gig were the flamboyant funky indie pop of Palomino Party and anarchic Cardiff youngsters Disciple, whose big rock sound belied their age, came third.

Also competing in the final was the terrific rapper and showman Dretonio, melodic, 60s influenced The Knox, who won the youth final, and Breakdown Face

The judges for the event included Ben Evans and Owen Davies from Nation Radio, Dave Owens from the South Wales Echo, Est Wilkinson, former manager of Coldplay, Heather Brown of Cardiff Council and John Rostron from the Swn Festival.

Heather said "It was fantastic to see such a high standard of acts representative of Cardiff's flourishing music scene ahead of next years Womex festival."

Gym and play is a hop, skip and jump



• Children enjoying a Gym and Play session.



A NEW activity aimed at children aged four and under has been launched by Cardiff Council.

Gym and Play combines gymnastics and play and is an excellent way for young children to improve their strength, flexibility, balance and coordination, whilst having fun and enjoying exercise.

Each session is led by a qualified and experienced gymnastics coach offering small, structured group activities for

children who wish to take part. Alternatively parents can supervise children to play freely on the equipment.

The classes aim to encourage children to learn basic gymnastic moves in a safe and fun environment where they can experience a variety of equipment.

Class leader Julie Matthews said the sessions have a real community feel about them.

"All the parents are together and they join in too. Everyone gets to know each other and

lone parents find they've got somewhere to go to so it's not just a play and gym, it's a bit of a community.

"We started it with soft play at first and thought we'd introduce gymnastics as well, as we have gymnastic instructors. We found, with music, the children enjoyed it a lot more. They can see and interact with other children and they benefit from music. They're learning movements, they're learning how to land so they benefit quite a lot.

"We do a game where they learn colours as well, they run round and we'll say everyone stand on the red and we do a lot of colour co-ordination." *

The classes are currently running at Eastern Leisure Centre and Fairwater Leisure Centre with Star Centre, Pentwyn Leisure Centre and Llanishen Leisure Centre planning to start them in the near future. For more information please call into your local leisure centre or visit www.cardiff.gov.uk/leisure

Biodiversity Corner

Biodiversity is all living things. It provides us with food, clothing, medicine, building materials and fuel. It helps reduce stress and aids relaxation. Each month Cardiff Council ecologist **Laura Palmer** will point out some of the great biodiversity you can see across the city.

JUNE

With summer in full swing, the hedgerows and meadows are full of growth and colour. As hawthorn blossom fades, the **Elder** blooms, brightening up roadsides with creamy pungent flowers. The light pink of the **Dog Rose** and the **Honeysuckle** along with the flowers of the **Bramble** bring more colour to the hedgerows.

In grasslands areas, **Ox-eye Daisy** mixed with vetches such as the **Yellow Bird's-foot-trefoil**

bring colourful variety to the grass

Around parks and gardens, you are likely to see adult birds such as **tits** and **finches** gathering food for their young, looking particularly for insects, insect larvae and caterpillars. Ensure garden bird tables are kept stocked for these adult birds to boost their own energy levels with before returning to nests.

I'll be back next month with more biodiversity attractions.



• Bird's-foot-trefoil



• Ox-eye Daisy



• Standard bearers at Cardiff Castle.

Lend your support to Armed Forces Day

THIS year's Armed Forces Day (AFD) is being held in Cooper's Field, Cardiff on Saturday, June 30 as well as a parade through the city centre.

Now in its seventh year, Armed Forces Day is an opportunity for people to show their appreciation towards members of the Armed Services and 2012 will mark some significant milestones.

These include the 60th anniversary of the Welch Regiments involvement in the Korean War and the 30th anniversary of the Falklands conflict in which the Welsh Guards and other service men and women played a prominent role.

In the run up to AFD a programme of events will take

place throughout Cardiff.

On Monday, June 25 a flag raising ceremony will take place at Cardiff Castle organised by Cardiff Council with many veterans attending. The following day an Armed Forces Day golf event will be held at Cottrell Park Golf Club at St Nicholas. This is an open and anyone who wants to play should contact Dave Morris (details below).

On Friday, June 29 a Beating Retreat event will take place at Cardiff Castle at 7pm with a display from the band of the 3rd Battalion, Royal Welsh culminating in the lowering of the flag from the Castle Keep.

Armed Forces Day itself will then take place on Saturday, June 30, starting at 10am at

the war memorial in Alexandra Gardens, where the South Atlantic Medal Association (SAMA) Wales will be rededicating its memorial.

From 11am the main parade will assemble at Cardiff Castle, marching through the city centre along High Street, St Mary Street, Mill Lane, Working Street and Duke Street.

A salute will then take place in Duke Street with the Lord Mayor, the Lord Lieutenant of South Glamorgan Dr. Peter Beck and a senior officer from the parade.

The parade will then march back to the castle and onto Coopers Field for a Drum Head Service.

A series of entertainment will then take place during

the day, including a free fall parachute display by the RAF Falcons at 1.45pm; two performances by the famous White Helmets Motor Cycle display team at 2.30pm and 4.20pm; and a fly past by the Battle Britain Memorial Flight at around 4.20pm. Other events will include Naval Cadet gun drill races, musical marching displays by both military and civilian bands including the Siren Sisters, Kate Godspeed Band and musician Will Kevins.

• For more information on any of these events check out the website - armedforcesdaywales.co.uk or contact Dave Morris on 01446 772043 or email davecptmorrison@tiscali.co.uk

Bring on the knight

JOUST! - the popular event of medieval pomp and pageantry - is set to return to Cardiff Castle this month.

Now in its fifth year Joust is back bigger and better than ever before giving people the chance to step back in time and experience life in a medieval encampment.

The sensational Knights of Royal England will dazzle and amaze with horse back stunts, bruising falls and knock-about humour as they come to blows in a death-defying demonstration of the noble art of jousting.

Two breath-taking shows will be performed over two days.

Visitors to the Castle can also enjoy a day full of entertainment, with a medieval encampment to explore, strolling minstrels

and spell-binding storytelling sessions.

Children can try out their junior jousting skills and drills, as well as meeting a dragon and taking part in a special fancy dress parade.

The event is topped off by a mass battle with everyone invited to pitch in.

Councillor Huw Thomas, Cardiff Council's Cabinet Member for Sport, Leisure and Culture said: "Joust is a fabulous event that is enthralling, historically accurate and above all great entertainment. It is one of the highlights in our calendar and each year everyone gets into the spirit of the event, particularly the children who come in costume, so don't forget to dress the kids up for the day as a princess or knight. Early booking is also strongly recommended."



• Joust will take place on Saturday, June 16 and Sunday, June 17 from 10am to 5pm. Call 029 2087 8100 for more information and to book tickets.

Lord Mayor's cash will help fight cancer in Wales

THE outgoing Lord Mayor of Cardiff ended his year in office by presenting his nominated charity - Cancer Research Wales - with a total of £66,000.

Professor Delme Bowen swapped his robes and chains for a lab coat and microscope at a special event held at the charity's research laboratory at Velindre Hospital in Cardiff; a centre of excellence for the non-surgical treatment of cancer.

During the last 12 months the money has been raised through a variety of events from sponsored bike rides, to glitzy charity dinners and concerts.

Proceeds from all the Lord Mayor's fundraising events will stay in Wales to help the charity continue to fund vital and pioneering research into new cancer treatments.

The Lord Mayor had the chance to meet Cancer Research Wales-funded research scientists at the presentation and find out more about their work and how it will help in the fight against cancer in Wales.

Cancer Research Wales is currently funding exciting research into immune therapies to prevent cancerous tumours from spreading to other parts of

the body, as well as funding cutting-edge radiotherapy projects which scientists hope will improve the intensity and accuracy of the treatment for cancer patients.

The outgoing Lord Mayor is no stranger to the research laboratories himself, having been a Professor in Cell Biology at Cardiff University's School

of Biosciences before his retirement in 2010.

Speaking about his decision to nominate Cancer Research Wales as his charity of the year, he said: "I'm delighted to be able to present Cancer Research Wales with these funds on behalf of the people of Cardiff."

"Cancer Research Wales takes pride in funding the

highest calibre of research which has the potential to benefit millions of lives worldwide, as well as those in our local communities. The charity is also proud to be a Welsh charity and was founded to make a difference in the fight against cancer, to ensure tomorrow's patients are not treated with yesterday's treatments."

Cancer Research Wales charity director, Liz Andrews added: "It has been fantastic to work with the Lord Mayor and his team throughout the last year. It is thanks to the support and generosity of the people and organisations of Wales that we can continue to fund the amazing work of the research scientists."



• (L to R) Jason Webber (Cardiff Research Wales Research Scientist), Professor Delme Bowen (Outgoing Lord Mayor), Aled Clayton (Cancer Research Wales Research Scientist)



News in brief

Pound to park scheme extended

FOLLOWING the success of the early bird pound to park trial at Cardiff East Park and Ride, the scheme has been extended until the end of June.

The extension means that anyone who arrives at the Park and Ride car park before 8.30am Monday to Friday will only have to pay £1 for all day parking and travel to and from the city centre, instead of the normal £3 daily rate.

Since the new price was introduced back in January the number of commuters arriving before 8.30 am has trebled as they take advantage of the reduced £1 charge.

Based just off the A48 (Eastern Avenue) the Cardiff East Park and Ride can be accessed from the Pentwyn Interchange. It has 945 car parking spaces, including 45 disabled spaces.

A Park and Ride bus runs every 15 minutes from 7am to 8.30pm, Monday to Friday. On Saturdays buses run from 8am to 7pm and on Sundays from 10am until 5.30pm.

Additional bus stops on Park Place have also been introduced to make it easier for those working in the Cathays Park area.

• For further information visit www.cardiffparkandride.com

New flower shop opens at cemetery

A florist has opened up at Thornhill Cemetery.

Malina Florists will be selling fresh flower bouquets, potted plants and wreaths. It will be open seven days a week from 10am to the closing time of the cemetery in Thornhill Road, Rhiwbina which is currently 6.45pm.

Noise Action Week - a correction

IN last month's Capital Times article about Noise Action Week it incorrectly stated that fireworks could be let off up to 1am on Bonfire Night. This should have read midnight.

The law states that it is illegal to set off fireworks between 11pm and 7am, except for celebrations, when they can be let off later. The hours are extended to midnight for Bonfire Night and 1am on New Year's Eve, Diwali and the first day of Chinese New Year.

Failure to comply can lead to a fine up to £5,000 or imprisonment for up to six months. People may also be liable for an on-the-spot fine of £80.

Festival brings people together



• Stop Gap Dance Company one of the acts set to perform at the Unity Festival

THIS year's Unity Festival will take place in Cardiff this month.

The Unity Festival is created by Hijinx Theatre and showcases the best in inclusive, disability and learning disability arts from Wales, the UK and around the world.

The event, which will be held between Thursday, June 21 and Saturday, June 30, promotes positive images of disability and social inclusion to audiences.

This, the fifth Unity festival, will be the biggest since it began in 2008 and will be the largest inclusive festival in Wales with inspirational performances for all to enjoy, including dance, physical comedy, music, exhibitions, storytelling, workshops and street theatre.

This year for the first time, Unity is part of the Cardiff Festival, a programme of city-wide events and festivals taking place over the summer months.

Highlights for 2012 will include The Opening and The Closing by physical comedy specialists Spymonkey; UK comedian Laurence Clark; Portuguese dance company Grupo Dançando Com a Diferença and Seville based Danza Mobile with their flamenco performance involving disabled and non disabled dancers.

Australian award-winning Back to Back Theatre will perform 'small metal objects' in Cardiff's Queen Street. This ground breaking show will see unaware shoppers mingle with the learning disabled and non disabled cast who will be heard by audiences via headsets.

The Festival, supported by a grant of £100,000 by the Arts Council of Wales, will also feature a variety of workshops open to disabled and non disabled participants, including a sign mime workshop from aerialist and physical theatre practitioner Ramesh Meyyappan, a percussion

workshop from Community Music Wales and a Waggle Dance session to compliment Tin Bath Theatre's sign interpreted children's show.

Ben Pettitt Wade, Unity Festival Director said: "I am delighted to be welcoming some of the best inclusive performance in the world to Cardiff for Unity 2012. Audiences will be able to enjoy acrobats from Marseille, flamenco from Seville, an innovative invisible drama played in Cardiff's busiest shopping street and enter a giant bee hive in front of Wales Millennium Centre, whatever happens you can be sure the place will be buzzing."

• Tickets for the Unity Festival are available from the ticket offices at Wales Millennium Centre 029 2063 6464 (for all events, including Back to Back Theatre) and Sherman Cymru 029 2064 6900 (Back to Back Theatre only). More information is also available from www.wmc.org.uk/unity

Get It Out For Cardiff scheme underway

GET It Out For Cardiff, the annual end of term waste/recycling and charity collection, is upon us once again ensuring that moving out at the end of term leaves our communities clean and tidy.

The aim of the scheme is to maximise student reuse of a variety of household items and minimise the environmental impact students create when they leave the city.

Cardiff's student population responded in style to the call to Get It Out last year with over nine tonnes of items collected at halls of residence and student unions.

Electrical items, clothes bags, food and kitchen equipment including pots and pans can all be donated to charity and in some cases sold back to the student community.

The scheme includes extra waste collections in Cathays, Roath and Gabalfa over three weekends in June. Students can put out extra recycling and waste on three Saturdays in June; 16th, 23rd and 30th – for an early Saturday morning collection.

A total of 21 Green Zones have been set up in halls of residences and student unions across the

city to accept donations of clothing, food (tins, packets, jars etc), small electrical items, books, CDs, DVDs and kitchen items (such as plates, mugs, utensils and pans).

Another 14 YMCA re-use banks are in place to collect clothes, shoes, bags, textiles, small electrical items, books, CDs/DVDs at the end of term and all year round.

A number of charities are set to benefit from the scheme. Food is being collected for FareShare Cymru - supporting communities to relieve food poverty.

Clothing, electrical items, media and bric-a-brac is being collected for the YMCA to directly reinvest in projects and services for homeless people at the Cardiff YMCA Housing Association.

Kitchen items will be stored over the summer by Cardiff Self Storage and sold at the start of term at heavily discounted prices with all proceeds going to charity.

Campaign information including pin point google maps of the locations of the Green Zones and YMCA banks can be found via the website cardiffdigs.co.uk/getitout.htm

Students up for the prize

STUDENTS studying A-Level German have been praised at this year's Cardiff-Stuttgart Prize.

The outgoing Lord Mayor of Cardiff, Professor Delme Bowen, hosted a special ceremony at City Hall on behalf of the Cardiff-Stuttgart-Association who give out the yearly prize for the best essays in German.

This year's entrants had to write their essays around their favourite film or book. As well as marking for linguistic competence the judges were also looking for essays which conveyed a sense of the person writing them.

The overall winner of the 2012 prize was Clara Gibbs from Howells School, who received £100. Her entry was about a German film called 'Barfuss' (Barefoot), a romantic comedy set in a psychiatric asylum.

Clara convincingly conveyed how much she liked the main plot and character and stressed that a German film does not have to be about the war to be of interest.

Joint runners-up were Bethan Candlin from Whitchurch High

School and Hannah Southern from Howells who both received £50.

Helga Rother-Simmonds, the Honorary German Consul for Wales, told the ceremony that the interest in taking up foreign languages, especially German, is in decline and praised the role of the Cardiff-Stuttgart prize in motivating students to carry on with German to A-level.

Professor Bowen stressed the importance of the Cardiff-Stuttgart-Association in forming links between Wales and the German-speaking countries in Europe and thanked the Association for its generous donation to the Lord Mayor's charity.

Other participants, who were all praised for the high quality of the essays they submitted, were: Catrin Westerland and Rhys Thorne

from St David's College, and Amelia Shepherd, Zoe Hall, Rachel Griffin, Sarah Jesuthasan, Shahnaz Khan, Catriona Sharples and Sophie Kosinski from Howells School.

The German Embassy also sponsored t-shirts with the inscription 'Wunderkind' for the winner and two runners up and a varied selection of books were given out to students in a special draw.



• Outgoing Lord Mayor of Cardiff, Professor Delme Bowen with winner Clara Gibbs

Cardiff welcomes green-fingered students



• Maxime Vincent, Jeremy Lelou and Romain Royer in Bute Park

THREE young horticulturalists have travelled overseas from Cardiff's French twin city of Nantes as part of a twin city exchange scheme.

Maxime Vincent, Jeremy Lelou and Romain Royer from Jules Rieffel College Nantes, will complete a three week work placement with the Council's Parks Service. This will give them the opportunity to develop their horticultural and language skills as well as exploring the Welsh capital and culture.

During the placement the gardeners will work throughout some of the city's finest parks including Bute Park, Roath Park and its conservatory, Victoria Park and Insole Court. They are teamed up with community rangers as well as the current Cardiff parks apprentices who will work with the visitors to

ensure they feel welcome, enjoy their visit and get the most out of the experience.

In return three of Cardiff's apprentices, Joshua Thatcher, Anthony Davies and Magdalena Szczerbinska will travel to Nantes to participate in a similar programme. This aims to be highly valuable in improving their horticultural skills and will assist them in completing their apprenticeship whilst learning about the city of Nantes.

The impressive exchange programme is in its third year and links Cardiff's apprentices learning curriculum to the National Certificate in Horticulture.

The partnership arrangement also demonstrates Cardiff Council's commitment to the provision of training and development opportunities.

Follow my lead

A keen Cardiff Dogs Home supporter has overhauled her image in less than a year by taking part in regular dog walks arranged by the home's 'Friends of' group.

Since getting involved with the centre back in 1998, and more recently joining its Friends of Cardiff Dogs Home support group, Sue Protheroe from Mynachdy in Cardiff has lost nearly six stone, dropping from a size 26 to 18.

Attributing her new image to a mixture of healthy eating and regular exercise, including lots of al fresco weekend walks with the home's dogs, Sue said: "The main reason I got involved with the volunteer based 'Friends of' group is because I love dogs and I wanted to do something to support Cardiff Dogs Home – especially as my family has adopted two lovely dogs from here in the past.

"I also wanted to lose weight and get fit and dog walking seemed like an enjoyable and sustainable way helping me to achieve this. So when I noticed that the group arranged regular dog walking sessions with other friends, I jumped at the chance.

"The walks have become a great way of keeping fit and meeting new, like-minded people and the dogs benefit from the exercise too."

Sue quickly took a shine to one of the centre's dogs, Floss,

and the pair decided to buddy-up and lose weight together.

When Floss entered the home in December 2011 she weighed 60kg and was very unfit. After losing 9kg in just over a month, Floss was successfully re-homed in late January and has continued to shift the pounds with support from Sue and the wider friends' network.

Although Sue has lost an amazing amount already, her aim is to lose another four stone four pounds.

She added: "I am asking for people to sponsor me and Floss for our remaining weight loss to help raise funds for new kennels for the dogs' home and generally support the work they do with the animals."

As part of Cardiff Dogs Home recently launched a new user friendly website and logo. For more information visit www.cardiff.gov.uk/dogshome or friendsofcardiffdogshome.org.uk or call the centre on 029 2071 1243



• Sue Protheroe

Food for thought - spring's really rubbish competition

YSGOL Mynydd Bychan has won Cardiff Council's Spring 'Really Rubbish' competition by collecting the most unwanted food from home for Fareshare Cymru for distribution to people in need.

The Whitchurch Road primary school scooped the prize after collecting the most unwanted food out of all the participating schools. The pupils collected an excellent 150kg out of a final total of 888kg and were presented with a certificate for their efforts.

As an additional treat, celebrated Cardiff chef Spiro Borg put on a cookery master class that showed how easy it is to transform leftover food into tasty and nutritious snacks. French bread sticks nearing their use-by date were rescued through ten minutes in an oven with some olive oil and some finely chopped tomato and onion. Ripe strawberries and bananas were saved from the kitchen caddy and turned into delicious smoothies that all the kids enjoyed.

Spiro is firmly of the opinion that the earlier you catch children with these positive food messages, the better. He said:



• Pupils from Ysgol Mynydd Bychan celebrate their victory

"It's so important not to waste food nowadays, people have got into the habit of getting fast food and throwing everything out from the fridge. In the economic climate it costs a terrific amount of money and it's good nutritional food that children need to grow up with. If you can get children to appreciate good quality tasty food at a young age and it's instilled in them, then hopefully they'll take it through life."

Guy Boswell was also on hand to

talk to the children about the work they do at Fareshare, explaining how some people through a variety of circumstances find themselves in urgent need of food. He said: "What the kids have done is taken food they've bought, taken home and stuck in the back of the cupboard and not going to be eaten. They've donated it to us and we've distributed it through Cardiff Food Bank who make up packages for people in acute need, with two or three days to keep them going."

The pupils and staff greatly enjoyed the morning especially when Mr Caddy Man turned up to say hello drawing loud cheers from the hall.

Headteacher, Sian Evans said: "With the increase in the cost of the weekly family shopping bill, this was a wonderful opportunity for our pupils, who will be the next generation of parents, to learn how to use food that was left over in the fridge or cupboards to create healthy, tasty meals and drinks."

PUBLIC NOTICE

Cardiff County Council
Cardiff Local Access ForumINVITATION FOR EXPRESSIONS OF INTEREST IN BECOMING A
MEMBER OF THE FORUM

Cardiff County Council is currently in the process of advertising for members of its Local Access Forum. The Local Access Forum is a statutory body formed as a requirement of the Countryside & Rights of Way Act 2000. The Forum has been in existence since October 2003 but has to reconstitute itself every three years as required by law and therefore the Council is requesting expressions of interest from those wishing to serve on the Forum.

The Forum advises the local authority, the Countryside Council for Wales and others, as to the improvement of public access to land for the purposes of open-air recreation and enjoyment of the area.

The Forum currently meets four times a year usually in central Cardiff. It is important that members can attend all meetings, as deputies are not be permitted. These are unpaid positions but Forum members will be able to claim reasonable expenses.

Any person who has an interest in open air recreation and wishes to be considered for membership can obtain an application form by writing or sending an e-mail to the address below. Closure date for receipt of completed application forms is 10 July 2012 :

Cardiff County Council, City Services, Asset Records & Countryside, Brindley Road Depot, Leckwith, Cardiff CF11 8TX
HIGHWAYS@cardiff.gov.uk
Telephone: 029 2078 5200

PUBLIC NOTICE

NEW TRAFFIC PROPOSALS FOR
THE CITY AND COUNTY OF
CARDIFF

Notice is hereby given that the County Council of the City and County of Cardiff in exercise of its powers under the Road Traffic Regulation Act 1984 (as amended), Part 6 of the Traffic Management Act 2004 as amended and The Civil Enforcement of Parking Contraventions (City and County of Cardiff) Designation Order 2010, and of all other enabling powers intends to impose traffic restrictions on the lengths of road referred to in the Schedule below. The nature of the restriction and the titles of the proposed orders are also described in the said Schedule.

Full details of the proposals and plans showing the location and extent of the proposed restrictions may be seen at the address shown below during normal office hours and any objection you may have to any of the proposals must be submitted to me in writing on or before **20th July 2012** and must contain the grounds on which you object.

Schedule

1. The County Council of the City and County of Cardiff (City Hall Road, Cardiff) (Police Parking Bay & Prohibition of Waiting) Order 2012 proposes to (i) to extend the existing Police Parking Bay in City Hall Road so that it will now be located to City Hall Road, Cardiff, on its north west side from a point 11 metres north east of the Police Underground Car Park Access Road for a distance of 42 metres north east (ii) to reduce the length of the existing no waiting at any time restriction so that it will now be an offence to leave your vehicle at any time in City Hall Road, Cardiff, on its north west side from a point 15 metres south west of its junction with King Edward VII Avenue for a distance of 14 metres south west.
2. The County Council of the City and County of Cardiff (Ynys Bridge Court / Heol-Yr-Ynys, Cardiff) (Prohibition of Waiting) Order 2012

proposes to prevent you from leaving your vehicle at any time in Ynys Bridge Court, Cardiff, on both sides from its junction with Ty-Nant Road for a distance of 75 metres south east and Heol-Yr-Ynys, Cardiff, on both sides from its junction with Ynys Bridge Court for a distance of 20 metres north east.

3. The County Council of the City and County of Cardiff (River View Area, Cardiff) (Prohibition of Waiting) Order 2012 proposes to amend the existing orders to prevent you from leaving your vehicle at any time in River View, Cardiff, on its north west side from its junction with Western Avenue North to a point 30 metres north west of its junction with Lydstep Crescent and around its closed end and on its south west side from its closed end (30 metres north west opposite its junction with Lydstep Crescent) for a distance of 40 metres south east and Lydstep Crescent, Cardiff, on both sides from its junction with River View for a distance of 13.5 metres north east and Llandinam Crescent, Cardiff, on both sides from its junction with River View for a distance of 13 metres north east and Llanmorlais Road, Cardiff, on both sides from its junction with River View for a distance of 13.5 metres north east.

4. The County Council of the City and County of Cardiff (Almond Drive / The Maltings Cardiff) (Prohibition of Waiting) Order 2011 (Amendment) Order 2012 proposes to extend the lengths of road along Almond Drive on which you are not permitted to leave your vehicle at any time in Almond Drive, Cardiff, on its south east side from a point 10 metres south west of its junction with the Maltings to a point 22 metres north east of the same junction.

5. The County Council of the City and County of Cardiff (Heol-Y-Deri, Rhiwbina, Cardiff) (Prohibition of Waiting/Limited Waiting) Order 2010 (Amendment) Order 2012 proposes to extend the existing no waiting at any time restriction by reducing the limited waiting restriction by 5 metres on the south west side of Heol-Y-Deri south east

of its junction with Lon Isa.

6. The County Council of the City and County of Cardiff (Beresford Road / Newport Road, Cardiff) (Shared Pedestrian / Cycle Route And Amendment) Order 2012 proposes to prevent you from driving any vehicle other than a non mechanically propelled pedal cycle to proceed along the shared pedestrian / cycle route within the footway between Beresford Road, Cardiff, on its north east side from a point 20 metres north west of its junction with Beresford Road Lane to its junction with Newport Road and Newport Road, Cardiff, on its south east side from its junction with Beresford Road for a distance of 18 metres north east thereby reducing the existing length of the segregated cycle lane along the footway of Newport Road, Cardiff, on its south east side from the boundary of 302 and 304 Newport Road (a point 158 metres north east of its junction with Beresford Road) to a point 18 metres north east of its junction with Beresford Road.

7. The County Council of the City and County of Cardiff (Cardiff North) (Parking Control) Order 2010 (Goods Vehicle Parking Bay) (Revocation) Order 2012 proposes to remove the existing Goods Vehicle Parking Bay from Fanny Street, Cardiff.

8. The County Council of the City and County of Cardiff (Catherine Street, Cardiff) (Goods Vehicle Parking Bay) Order 2012 proposes to create a Goods Vehicle Parking Bay (between the hours of 8am and 6:30 pm from Monday to Saturday with loading and unloading being limited to 30 minutes and return prohibited within 1 hour) in Catherine Street, Cardiff, on its north west side from a point 32 metres east of its junction with Cathays Terrace for a distance of 10 metres north east.

Melanie Clay
Chief Officer
Legal and Democratic Services
County Hall, Atlantic Wharf,
Cardiff CF10 4UW

PUBLIC NOTICE

A building certified for worship named Sanatan Dharma Mandal & Hindu Community Centre, Lewis Road, Splott, Cardiff in the registration district of Cardiff, in the Non Metropolitan County of Cardiff was on the 3rd February 2012 registered for solemnising marriages therein pursuant to Section 41 of the Marriage Act 1949 as amended by Section 1(1) of the Marriage Acts Amendment Act 1958. In lieu of the former building at 22 The Parade, Cardiff the registration cancelled thereof.

A P Richards
Superintendent Registrar

16th February 2012

Cardiff Central Library
in association with the International Academy of the Voice

Presents

Opera Unmasked

An insight into the world of Opera
Introduced by Dennis O'Neill

24th May 7pm

Tickets £5

Available from Central Library
Bring your own bottle



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University
of Wales,
Newport

Prifysgol
Cymru,
Casnewydd



Cardiff Story to showcase exciting new exhibition

DO YOU KNOW why gypsies are called gypsies? What a 'Jack' is? And what Gypsy Bacon is?

The Cardiff Story Museum will explore all these things in a new exhibition by The Romani Cultural and Arts Company working in partnership with Ethnic Minority and Traveller Achievement Services (EMTAS).

The exhibition, entitled 'Pots 'n' Pans: A Cardiff Gypsy and Traveller Way of Life', opens on Friday, June 1 and will explore gypsy and traveller origins, food and cooking traditions in Cardiff.

With photographs and quotes reflecting the gypsy and traveller way of life, the exhibition will show what it was like cooking rabbit and hare stew, preparing hedgehogs for the camp fire, growing up on the Shirenewton site and why beautifully decorated china has always taken pride of place in wagons and the modern day trailers.

From Saturday, June 16 to Saturday, June 30, The Cardiff

Story will also feature another exhibition in its first floor temporary gallery space by international Romany artist Delaine Le Bas.

Both exhibitions are celebrating this year's Gypsy, Romany, Traveller History month in June and the Romani Cultural and Arts Company will be holding a number of exciting events.

This will include a free event at St David's Hall on Monday, June 25 with films, live performances, art and



exhibitions showcasing the cultural diversity of the Gypsy, Roma and Traveller community in Wales.

- 'Pots n Pans: A Cardiff Gypsy and Traveller Way of Life' is on until the 28th August 2012.



• Rover Way Site, 1970s.

© Ethnic Minority and Traveller Achievement Services (EMTAS)

Have your say on school meals

CARDIFF COUNCIL want to hear from parents of primary school children who do not always choose to have school meals.

Cardiff Catering, the Council's in-house education catering service who provide approximately 33,000 meals a day at over 140 locations across the city, is conducting an online survey to encourage feedback from parents. The information gathered will help to further improve the service and communications that the caterers and schools provide to pupils and their families.

The online survey should take less than ten minutes to complete, and parents are given the chance to win one year's worth of school dinners for one child, between September 2012 and July 2013. Six prizes, each worth £350, are available. The deadline for taking part in the survey is July 31. Winners will be notified before 31 August.

Cardiff Catering has already undertaken a number of popular initiatives to encourage families to choose school meals more often including:

- Tasters and theme days – a different theme or taster is promoted on the Primary School Menu every half term.
- Photos of menu dishes – primary menu cards are displayed in the dining hall daily to encourage children to choose a balanced meal.
- Even healthier standards for food and drink – since

November 2011 the Primary School Menu has been compliant with Welsh Government Appetite for Life

In 2011, Cardiff Catering carried out a pilot survey of 217 parents of primary school children and discovered that 64 per cent of parents make the decision whether their child has school meals or not.

Sue Eakers, Wellbeing and Compliance Manager for Cardiff schools, said: "We are always looking for ways to improve our service by delivering an even better product to our customers. We provide well balanced menus that meet the Welsh Government's Nutritional Guidelines. By choosing a school meal you can be sure that you are making the best choice for your child's health, and we are keen to learn from parents about the choices they make regarding school dinners."

The current survey and more information can be found in English and Welsh at the following websites: www.surveys.cardiff.gov.uk/schoolmeals2012 and www.surveys.cardiff.gov.uk/schoolmeals2012/cymraeg Anyone with questions or comments about the survey should speak to their school cook or email schoolcatering@cardiff.gov.uk

PRIMARY SCHOOLS MENU 28 MAY -22 JUNE 2012

Half term 04 - 08 June 2012

MONDAY 28 MAY	TUESDAY 29 MAY	WEDNESDAY 30 MAY	THURSDAY 31 MAY	FRIDAY 01 JUNE
Scrambled Egg and Sausage ✓ Meatball Sub ✓ Sauté Potatoes Baked Beans Artic Roll with Fruit A range of desserts to include Fresh fruit or Muller Yoghurts	Homemade Pepperoni Pasta Bake Homemade Vegetarian Pasta Bake ✓ Jacket Potato filled with Tuna or Cheese Sweetcorn Homemade Rice Pudding A range of desserts to include Fresh fruit or Muller Yoghurts	Homemade Chicken Tikka Homemade Vegetable Tikka ✓ Oven Baked Fish Finger Wrap Potato Wedges Mixed Vegetables Coleslaw Homemade Cornflake Crisp A range of desserts to include Fresh Fruit or Muller Yoghurts	Roast Turkey Sage and Onion Stuffing and Gravy Cheese Vegetable Pastry ✓ Roast/New Potatoes Cabbage Carrots Coconut Slice A range of desserts to include Fresh Fruit or Muller Yoghurts	Oven Baked Crispy Golden Fish Cheese Egg and Potato Bake ✓ Creamed Potatoes Garden Peas Baked Beans Apple and Strawberry Tart with Custard A range of desserts to include Fresh fruit or Muller Yoghurts
11 JUNE	12 JUNE	13 JUNE	14 JUNE	15 JUNE
Homemade Margherita Pizza ✓ Jacket Potato filled with Tuna or Baked Beans Herby Diced Potatoes Baked Beans Homemade Rice Pudding A range of desserts to include Fresh fruit or Muller Yoghurts	Beefburger in a Bap ✓ Chipped Potatoes Coleslaw Tomato Sauce Homemade Chocolate Brownie with Chocolate Custard A range of desserts to include Fresh Fruit or Muller Yoghurts	Homemade BBQ Chicken Homemade Vegetable Curry ✓ Savoury Rice Broccoli Sweetcorn Homemade Chocolate Crunch Cookie with Apple Wedges A range of desserts to include Fresh Fruit or Muller Yoghurts	Roast Pork Sage and Onion Stuffing and Gravy Homemade Corned Beef Pie Homemade Cheese and Potato Pie ✓ Roast/New Potatoes Broccoli Carrots Fruit Jelly with Ice Cream A range of desserts to include Fresh Fruit or Muller Yoghurts	Alaskan Salmon Bake ✓ Country Vegetable Bake ✓ Creamed Potatoes Spaghetti Hoops Peas Homemade Eves Pudding with Custard A range of desserts to include Fresh Fruit or Muller Yoghurts
18 JUNE	19 JUNE	20 JUNE	21 JUNE	22 JUNE
Meatballs in Gravy Vegi Balls in Gravy ✓ Sardines on Toast Creamed Potatoes Garden Peas Carrots Homemade Apple and Mango Crumble with Custard A range of desserts to include Fresh fruit or Muller Yoghurts	Homemade Pasta Bolognaise Homemade Pasta Napolitan ✓ Garlic Bread Jacket Potato filled with Cheese or Baked Beans Green Beans Peaches with Ice Cream A range of desserts to include Fresh fruit or Muller Yoghurts	Homemade Chicken Korma Homemade Vegetable Korma ✓ Oven Baked Crispy Golden Fish Rice Creamed Potatoes Garden Peas Tomato Sauce Homemade Lemon Drizzle Sponge A range of desserts to include Fresh fruit or Muller Yoghurts	Roast Beef Yorkshire Pudding and Gravy Pork Sausage Vegetable Sausage ✓ Roast/New Potatoes Broccoli Sweetcorn Muller Fruit Yogurt A range of desserts to include Fresh fruit or Muller Yoghurts	Oven Baked Fish Fingers ✓ Homemade Golden Cheese Wheel ✓ Cajun Potatoes New Potatoes Garden Peas Coleslaw Fruit Sponge with Custard A range of desserts to include Fresh fruit or Muller Yoghurts

Fresh salad, extra bread and an extra piece of fruit are offered daily.

✓ This is a vegetarian product or a vegetarian version is available. Please note that different term dates may apply. This menu represents our full range of meals, your school may have requested a smaller selection.

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SEAFOOD
MSC
www.msc.org



Seafood with this mark comes from a fishery that has been independently certified to the MSC's standard for a well-managed and sustainable fishery

Celebrating the Diamond Jubilee?



Ask your school



www.cardiff.gov.uk/schoolcatering

Capital Events...



Another event brought to you by Cardiff Council www.cardiff.gov.uk or Call C2C on 2087 2087

New Theatre

Tel: 2087 8889

Book online @ www.newtheatrecardiff.co.uk

The Tiger Who Came To Tea

Thursday, May 31 – Saturday, June 2
Thursday 2pm & 4.30pm;
Friday 10am & 1.30pm;
Saturday 11am & 2pm
Packed with oodles of magic, sing-a-long songs and clumsy chaos in this family show.

Annie

Tuesday, June 5 – Saturday, June 9
Evenings 7pm; Wednesday, Thursday, Friday & Saturday Matinees 2pm
Enjoy the feel-good story of Little Orphan Annie.

The Lady in the Van

Tuesday, June 12 – Saturday, June 16
Evenings 7.30pm;
Thursday & Saturday Matinees 2.30pm
The story of an unusual neighbour parked at the bottom of the garden.



St David's Hall

Tel: 2087 8444

Book online @ www.stdavidshallcardiff.co.uk

Roots Unearthed

Alasdair Fraser & Natalie Haas
Tuesday, May 29, 8pm
Witness the duo's dazzling teamwork and dancing rhythms.

Lunchtime Concert - Mavron Quartet

Tuesday, May 29, 1pm
To mark the Mavron Quartet's tenth anniversary, their work will premier at this lunchtime concert.

Essence of Ireland

Thursday, May 31 – Friday, June 1, 7.30pm
Combining breathtaking dance routines and the best of Irish music.

Colosseum Fighting Championship

Saturday, June 2, 7pm
A fusion of various traditional martial arts disciplines to produce a display of skill and competitive fighting.

The Chieftains

Sunday, June 3, 8pm
The Chieftains are best known for being one of the first bands to make Irish traditional music popular.

Lady Gaga Experience

Wednesday, June 6, 7.30pm
Come and experience some classic Gaga songs and costumes.

Strictly Presents - Dance To The Music

Saturday, June 9, 7.30pm
Witness a music and dance spectacular that will keep your feet tapping long after the curtain falls.

BBC National Orchestra of Wales Welsh Singers Competition

Monday, June 11, 7.15pm
One singer will be chosen to be the Welsh representative at the 2013 BBC Cardiff Singer of the World. Conductor Grant Llewellyn.

Science Museum Live On Tour

Thursday, June 14, 7pm
Unleash your inner Einstein - explosive fun for all the family!

Strictly Golden Oldies Tea Dance

Friday, June 15, 1.30pm
Join Stan Stennett for an afternoon of dancing and fun.

BBC National Orchestra of Wales

Strauss's Alpine Symphony
Friday, June 15, 7.30pm
With an orchestra of over 100 players, this is an unmissable occasion. Conductor Thierry Fischer.

Russell Watson

Sunday, June 17, 7pm
A tribute to the Queen's Diamond Jubilee.

Roots Unearthed-Warsaw Village Band

Tuesday, June 19, 8pm
Warsaw Village Band give a typically unique performance.

Bless 'em All Variety Show

Wednesday, June 20, 2pm
Stan Stennett returns with his wartime memories show.

The Hitchhiker's Guide To The Galaxy Radio Show-Live!

Friday, June 22, 8pm
From the saga that changed Life, The Universe And Everything.

Cardiff Philharmonic Orchestra 30th Anniversary Concert

Saturday, June 23, 7.30pm
Come and join the party celebrating 30 years of music making. Conductor Michael Bell.

Royal Welsh College of Music & Drama Symphony Orchestra

Tuesday, June 26, 7.30pm
The RWCMD Symphony Orchestra celebrates the summer in truly epic style. Conductor David Jones.

Cardiff Castle

Tel: 2087 8100 www.cardiffcastle.com

Half term at the Castle

Saturday, June 2 – Sunday, June 10

Follow the family trail or take a family tour with a costumed guide. Normal admission applies.

Lecture Lunch with the Curator The story of Castell Coch

Wednesday, June 13, 11.45am
The lecture lunch examines this most fascinating of Welsh buildings, built by William Burges for the 3rd Marquess of Bute. Lunch and glass of wine included. Education Centre.
Tickets: £25

Joust!

Saturday, June 16 – Sunday, June 17, 10am - 5pm
The Knights of Royal England return for another spectacle of precision timing and horsemanship and lots of audience participation. Meet a dragon, join the children's parade and don't forget to dress up for the day as a princess or knight. For ticket prices visit www.cardiffcastle.com

Beating Retreat

A Prelude to Armed Forces Day
Friday, June 29, 7pm (gates open at 6pm)
The band of the 3rd Battalion, Royal Welsh put on a magnificent display culminating in the lowering of the flag from the Castle Keep.

Park Events

Tel: 2068 4000 www.cardiff.gov.uk/parks

Introduction to Bird Identification

Tuesday, May 29, 6pm - 9pm
Indoor meeting to learn the basics of bird ID. This will be followed by a walk on June 2 (see below) to put into practice what you have learnt. Come to one or both events. To book call 029 2039 0713 or visit www.cardiffpedalpower.org £5 for the indoor meeting (includes lunch), £10 for the follow up walk (includes lunch) or £12 for both.

Bird Walk

Saturday, June 2, 9am - 12.30pm
A walk through Pontcanna Fields and Bute Park to identify birds that can be seen in the variety of habitats found here. This walk can be done on its own or as a follow up to the session above. To book: call 029 2039 0713 or visit www.cardiffpedalpower.org £10 (includes lunch) or £12 for both.

Hunt for Denizens of the Deep & Mini-Monsters of the Meadows

Saturday, June 2, 10.30am - 12.30pm
Discover the invertebrates found in the meadows and ponds at Forest Farm. Meet at the Wardens Centre, Forest Farm.

Big Play Aloud Event at Bute Park

Friday June 8th 11am-3pm
Re-Create will be hosting an exciting free event for children with activities, including den building, sports coaching, circus skills, giant games and an indoor sensory, storytelling area. For details visit www.re-create.co.uk

Lunch with Bugs in Nant Fawr

Saturday, June 9, 12pm – 2pm

A chance to hunt bugs in the meadows. Bring a picnic if you want to lunch with your bugs! Meet at Llanishen Reservoir car park. Free.

Pondwatch at Heath Park

Sunday, June 10, 12pm – 2pm
Discover what lives in and around the pond. Meet at the Model Railway car park. For more details call 029 2044 5903. Free.

Bat Walk at Hendre Lake, St Mellons

Wednesday, June 13, 9pm – 11pm
Discover the bats feeding around the lake margins. Please bring a torch. Meet in car park. Free.

Cardiff in Bloom Talk and Hanging Basket Demonstration

Friday, June 15, 10.30am - 12pm
Hear all about the Cardiff in Bloom gardening competition. Meet at Bute Park Education Centre. Free.

Monthly Bird Walk at Forest Farm

Saturday, June 16, 10am - 12.30pm
A guided walk to identify local birds. Please bring binoculars. Meet at the Warden's Centre. Free.

Singing Larks and Bee Orchids at Grangemoor Park

Saturday, June 16, 10am - 12pm
Join the Rangers for a walk and enjoy panoramic views of the city and Cardiff Bay. Meet at the entrance to the park opposite McDonalds next to the pond. Free.

Forest Farm

- How to Manage a Nature Reserve
Sunday, June 17, 10.30am
See a variety and range of wildlife and discover how the Reserve is managed. Meet at Warden's Centre. Free.

Cathays Cemetery

Mid Summer Heritage Walk
Tuesday, June 19, 7pm - 9pm
Discover the Cemetery through a new heritage walk. No dogs permitted. Free.

A Year in the Life of a Rose

Wednesday, June 20, 2pm - 3pm
Practical help and advice from the Park Rangers on looking after your roses. Meet at Routh Park Conservatory. Free.

'A Welsh Victorian Camelot'; Cardiff Castle and its Grounds'

Wednesday, June 20, 6.30pm - 7.45pm
Lecture by Matthew Williams, Cardiff Castle Curator. To book call 029 2078 8403. Meet at the Bute Park Education Centre. £3 admission.

Rangers Wildlife Question Time

Saturday, June 23, 2pm - 4pm
Come and see the Rangers' wildlife display and bring any items for identification or questions relating to native British wildlife. Meet at Bute Park Education Centre. Free.

EVENTS

Capital Times
June 2012**Babies Remembrance Service**

Sunday, June 24, 11.30am -12.30pm
This is one of the annual memorial services held at Thornhill Crematorium in the Wenallt Chapel. This memorial service, supported by SANDS allows those who have lost a baby to come together to remember them. Free.

History Trail

Tuesday, June 26, 3pm - 4pm
A guided walk from Pontcanna caravan site to St John's Church in Cardiff city centre via Bute Park. Meet at the warden's office, Pontcanna caravan site. Free.

Cricket & the Bute Estate

Wednesday, June 27, 6pm -7.45pm
Lecture: by Andrew Hignell, Glamorgan Cricket Museum Archivist. To book call 029 2078 8403. Meet at the Bute Park Education Centre. £3 admission.

Libraries

Tel: 2038 2116 Web: www.cardiff.gov.uk/libraryevents**Children's activities**

Cardiff Libraries provide free Rhyme Time, Story Time and Language and Play sessions for babies and toddlers.

Central Library, The Hayes, has Rhyme Time for 0 -2 year olds every Wednesday and Thursday morning at 10.30am. Please book a place by telephoning 029 2078 0953 or emailing childrenslibrary@cardiff.gov.uk

Story Time for 2 - 4 year olds in Central Library is on Tuesdays and Fridays at 10.30am.

We also have lots of activities happening across Cardiff. Contact your local branch library to find out what activities are available for young children close to your home.

Canton Library	2022 9935
Cathays Library	2078 5580
Ely Library	2056 2064
Fairwater Library	2078 5583
Grangetown Library	2023 0526
Llandaff North Library	2061 3182
Llanedeyrn Library	2073 1428
Llanishen Library	2075 0634
Llanrumney Library	2078 0994
Penylan Library	2078 8400
Radyr Library	2084 2234
Rhiwbina Library	2069 3276
Rhydpennau Library	2075 4657
Roath Library	2049 4538
Rumney Library	2079 5834
Splott Library	2046 2522
St Mellon's Library	2078 0992
Whitchurch Library	2062 8951

Coffee Morning

Rhydpennau Library. Every last Friday of the month. Fairtrade Tea and filter coffee provided. Quizzes, newspapers and crosswords available. Call 029 2075 4657 for details.

Live Music

Central Library. Saturday from 1pm. A wide range of artists performing live. Call the library on 029 2078 0959 for details.

Flatholm

Tel: 2087 7900 www.flatholmisland.com

Rich in wildlife, steeped in history, this unique island is a perfect getaway for the whole family. Why not book a day trip to explore the island or

stay overnight at this beautiful location just five miles from Cardiff. Boats depart from Cardiff Bay Barrage, you can find out more about sailing times/dates by calling 029 2087 7912 or visit www.flatholmisland.com

Wales Millennium Centre

Tel: 029 2063 6464 Web: www.wmc.org.uk**Welsh National Opera: Tristan and Isolde**

Saturday, May 19 – Saturday, June 2, 5pm
Wagner's music is of such potency that audiences will find it hard to resist. Conductor Lothar Koenigs.

Welsh National Opera: La bohème

Friday, June 1 – Saturday June 9, 7.15pm;
Sunday, June 3, 4pm
One of the best-loved of all operas. Conductor Carlo Rizzi.

The Lady Boys of Bangkok

Friday, June 1 – Saturday, June 9, 7pm & 9pm.
Tuesday, June 5, 4.30pm & 7pm
See elaborate costumes and feel the carnival beats under the Sabai Pavilion on Roald Dahl Plass.

Ceri Dupree: Brenda's Big Night Out

Monday June 4 – Tuesday, June 5, 7.30pm
Expect laughter, singing and some hysterical fun along the way.

Guto Nyth Brân

Sunday, June 17 – Monday, June 18.
Sunday, 3pm, Monday 10am
Using traditional music, songs and dances will make a memorable family show.

Afternoon Concert with Thierry Fischer

Wednesday, June 20, 2pm
Written in the depths of the Second World War, Honneger's Second Symphony (for strings and trumpet).

Cape Town Opera: Mandela Trilogy

Wednesday, June 20 – Thursday, June 21, 7.30pm
From prisoner to president, Mandela Trilogy tells the extraordinary life story of Nelson Mandela.

Tin Bath Theatre: Bee Detective

Saturday, June 23 – Sunday, June 24, 11am, 1.30pm & 4pm
Help solve the mystery of the disappearing worker bees in a giant bee hive situated in front of the Centre.

Inspired

Tuesday, June 26, 7pm
Laurence Clark brings to the stage what he does best - a comedy show.

Desafinado

Wednesday, June 27, 7pm
Audiences will be drawn in by the beauty and feel-good factor of this moving performance.

Dance GB

Thursday, June 28 – Saturday, June 30, 7.30pm
Celebrate the athleticism, diversity and skill of the dancers in this magnificent performance.

Skewered Snails

Thursday, June 28, 7pm
A dark comic tale of unconditional love.

Cierra Los Ojos y Mirame

Friday, June 29, 7pm
See a passionate performance by the cantaores (flamenco singers) and dancers.

Wales Millennium Stadium

Tel: 0870 013 8600 www.millenniumstadium.com**Wales v Barbarians**

Saturday, June 2, 2pm

Norwegian Church Art Centre

Tel: 2029 7959 www.norwegianchurchcardiff.com**Creative Flock - Exhibition**

Monday, May 28 – Sunday June 10, 9am-6pm
A flock of creative individuals exhibit a diverse range of visual arts. Free.

South Wales Clarinet Choir (SWCC)

Friday, June 29, 7pm - 8pm
The SWCC was formed in September 2005 to foster and promote clarinet ensemble playing to the highest standard. £2 (suggested entry fee).

City and Bay Events

Email: events@cardiff.gov.ukEmail: Eventsmarketing@cardiff.gov.ukwww.cardiff.gov.ukwww.cardiff-festival.com

2087 2087/8 (cym). All events subject to confirmation. Information on the L8 (late) night bus service is available from: 0870 608 2608 and www.cardiffbus.com

Community Event

Every Saturday, 9.30am – 1pm
Roath Art & Craft Bazaar in conjunction with the local Farmers' Market at Mackintosh Sports & Social Club, 38 Keppoch Street, Roath. Free entry.

Rhiwbina Floral Society

If you would like to try your hand at flower arranging and make new friends with the same interests come and join us. We meet every first and third Tuesday of the month at Rhiwbina Memorial Hall, Lon Ucha, CF14 6HL. For information, visit www.rhiwbinafloralsociety.org.uk

Cardiff Philatelic Society

If you collect or are interested in stamps, postcards or postal history why not come along and meet some like minded people. We meet Tuesday evenings 7.30pm at Llanishen Baptist Church, Fidlus Road, Llanishen, CF14 5LZ. For information, visit www.cardiffphilatelicsociety.org.uk

The Gate Arts and Community Centre

For performance information visit www.thegate.org.uk or call 029 2048 3344.

Sherman Cymru

For performance information visit www.shermancymru.co.uk

National Museum Cardiff

For exhibition and event information visit www.museumwales.ac.uk or call 02920 573000.

St Fagans: National History Museum

For exhibition and event information visit www.museumwales.ac.uk/en/stfagans/ or call 02920 573500.

Cardiff International White Water

Experience the thrill of white water rafting. Contact 02920 829970 or visit www.ciwww.com

Cardiff Bay Water Activity Centre

Learn sailing, rowing, powerboating,

windsurfing, archery, fishing and more!
Contact 02920 877977 or 02920 353912 or visit www.cbwac.com

Cardiff Festival 2012

Strawberry - Jam packed full of eventsFriday, May 25 – Saturday, September 2
A fusion of artistic, sporting and cultural events spread across the city during the summer months. From food festivals to family picnics and sailing to street theatre, squeeze the most out of your summer and just pick your own event. Visit www.cardiff-festival.com

Charity Gala Evening

Monday, June 4, 7pm
Cardiff Women's Aid will be hosting a special fundraising evening at the Park Thistle Hotel. Come along to this fun event and help raise funds for families affected by domestic abuse. For tickets, contact Wendi or Lorraine on 029 2046 0566 and for further information visit www.cardiffwomensaid.org.uk

2012 ICF Canoe Slalom World Cup**- Cardiff International White Water**

Friday, June 8 – Sunday, June 10
Professional paddlers from across the globe will ride a 300m rapid, in an adrenalin fuelled race of speed and skill. Tickets on sale for practice sessions prior to the event (4-7 June). For information visit www.canoeccardiff2012.com

Gŵyl Ifan

Friday, June 15 – Sunday, June 17
Gŵyl Ifan is a Welsh Folk Dance Festival held in various locations across Cardiff. Come and experience traditional Welsh dancing, music and colourful costumes in this spectacular event. For details visit www.gwylifan.org

British Water Ski Championships**- Cardiff Bay Barrage**

Sunday, June 17
An exciting adrenalin fuelled event on the water. Free to spectators.

Cardiff Dawn Chorus Golf Challenge**for RSPB Cymru**

Monday, June 18
Play four rounds in a day at Radyr, Whitchurch, St Mellons and Cardiff Golf Clubs. Entry fee of £250 for a team of three. For details and to book your tee off times, email sue.pickin@rspb.org.uk or call 02920 353009.

Tafwyl - Cardiff Celebrating All Things Welsh

Friday, June 22 – Friday, June 29
Tafwyl is a week-long festival of Welsh language activities in various locations around the city including Cardiff Castle. The event hosts a range of activities for adults and children ranging from music, cooking, comedy and literature workshops to stalls selling Welsh produce. For details visit www.tafwyl.org

RYA Powerboat Circuit Racing**Grand Prix of Wales**

Saturday, June 23 – Sunday, June 24
The third round of the RYA National Powerboat Circuit Racing Championships, takes place in Cardiff Bay. The pit area will be based on the Barrage with race control based in the Environment Building. Free for spectators. Visit www.cbwac.com

Fun Day, Roath Church House, Roath

Sunday, June 24, 12pm - 5pm
Come along to this fun event and help raise funds for the National Deaf Children's Society. For further information please e-mail, sasha.parkhouse@hotmail.co.uk



Adamsdown
Manzoor Ahmed
Labour/Llafur



Adamsdown
Nigel Howells
Lib Dem/Dem Rhydd



Butetown
Ali Ahmed
Labour/Llafur



Caerau
Elaine Simmons
Labour/Llafur



Caerau
Peter Bradbury
Labour/Llafur



Canton/Treganna
Cerys Furlong
Labour/Llafur



Canton/Treganna
Ramesh Patel
Labour/Llafur



Canton/Treganna
Richard Cook
Labour/Llafur



Cathays
Christopher Weaver
Labour/Llafur



Cathays
Elizabeth Clark
Lib Dem/Dem Rhydd



Cathays
Sam Knight
Labour/Llafur



Cathays
Sarah Merry
Labour/Llafur



Creigiau & St. Fagans/ Creigiau a Sain Ffagan
Graham Thomas
Conservative/Ceidwadwyr



Cyncoed
David Rees
Lib Dem/Dem Rhydd



Cyncoed
Kate Lloyd
Lib Dem/Dem Rhydd



Cyncoed
Margaret Jones
Lib Dem/Dem Rhydd



Ely/Trelái
Jim Murphy
Labour/Llafur



Ely/Trelái
Russell Goodway
Labour/Llafur



Ely/Trelái
Susan Goddard
Labour/Llafur



Fairwater/Y Tyllgoed
Lisa Ford
Plaid Cymru



Fairwater/Y Tyllgoed
Neil McEvoy
Plaid Cymru



Fairwater/Y Tyllgoed
Paul Mitchell
Labour/Llafur



Gabalfa
Ed Bridges
Lib Dem/Dem Rhydd



Gabalfa
Gareth Holden
Lib Dem/Dem Rhydd



Grangetown
Ashley Govier
Labour/Llafur



Grangetown
Chris (John) Lomax
Labour/Llafur



Grangetown
Lynda Thorne
Labour/Llafur



Heath/Y Mynydd Bychan
Fenella Bowden
Independent/Annibynnol



Heath/Y Mynydd Bychan
Graham Hinchey
Labour/Llafur



Heath/Y Mynydd Bychan
Lyn Hudson
Conservative/Ceidwadwyr



Lisvane/Llysfaen
David Walker
Conservative/Ceidwadwyr



Llandaff North/Ystum Taf
Dilwar Ali
Labour/Llafur



Llandaff North/Ystum Taf
Siobhan Corria
Labour/Llafur



Llandaff / Llandaf
Gareth Aubrey
Lib Dem/Dem Rhydd



Llandaff / Llandaf
Kirsty Davies
Lib Dem/Dem Rhydd



Llanishen/Llanisien
Andrew Graham
Conservative/Ceidwadwyr



Llanishen/Llanisien
Garry Hunt
Labour/Llafur



Llanishen/Llanisien
Julia Magill
Labour/Llafur



Llanishen/Llanisien
Phil Bale
Labour/Llafur



Llanrumney/Llanrhymini
Derrick Morgan
Labour/Llafur



Llanrumney/Llanrhymini
Heather Joyce
Labour/Llafur




Llanrumney/Llanrhymini
Keith Jones
Labour/Llafur



Pentwyn
Joseph Carter
Lib Dem/Dem Rhydd



Pentwyn
Judith Woodman
Lib Dem/Dem Rhydd



Pentwyn
Keith Hyde
Lib Dem/Dem Rhydd



Pentwyn
Paul Chaundy
Lib Dem/Dem Rhydd



Pentyrch
Craig Williams
Conservative/Ceidwadwyr



Penylan/Pen-y-Lan
Bill Kelloway
Lib Dem/Dem Rhydd




Penylan/Pen-y-Lan
Joe Boyle
Lib Dem/Dem Rhydd



Penylan/Pen-y-Lan
Tricia Burfoot
Lib Dem/Dem Rhydd



Plasnewydd
Daniel De'ath
Labour/Llafur



Plasnewydd
Mahommed Javed
Labour/Llafur



Plasnewydd
Mary McGarry
Labour/Llafur



Plasnewydd
Sue Lent
Labour/Llafur



Pontprenau/Old St. Mellons
Pontprenau / Pentref Llaineirwg
Dianne Rees
Conservative/Ceidwadwyr



Pontprenau/Old St. Mellons
Pontprenau / Pentref Llaineirwg
Georgina Phillips
Labour/Llafur



Radyr & Morganstown/Radur a Phentre-poeth
Roderick McKerlich
Conservative/Ceidwadwyr



Rhiwbina/Rhiwbeina
Adrian Robson
Independent/Annibynnol



Rhiwbina/Rhiwbeina
Eleanor Sanders
Independent/Annibynnol



Rhiwbina/Rhiwbeina
Jayne Cowan
Independent/Annibynnol



Riverside/Glan-yr-Afon
Cecilia Love
Labour/Llafur



Riverside/Glan-yr-Afon
Iona Gordon
Labour/Llafur



Riverside/Glan-yr-Afon
Phil Hawkins
Labour/Llafur



Rumney/Tredelerch
Bob Derbyshire
Labour/Llafur



Rumney/Tredelerch
Jacqueline Parry
Labour/Llafur



Splott/Sblot
Gretta Marshall
Labour/Llafur




Splott/Sblot
Huw Thomas
Labour/Llafur



Splott/Sblot
Luke Holland
Labour/Llafur



Trowbridge
Michael Michael
Labour/Llafur



Trowbridge
Monica Walsh
Labour/Llafur



Trowbridge
Ralph Cook
Labour/Llafur



Whitchurch & Tongwynlais / Yr Eglwys Newydd a Thongwynlais
Benjamin Thomas
Labour/Llafur



Whitchurch & Tongwynlais / Yr Eglwys Newydd a Thongwynlais
Chris Davis
Labour/Llafur



Whitchurch & Tongwynlais / Yr Eglwys Newydd a Thongwynlais
David Groves
Labour/Llafur



Whitchurch & Tongwynlais / Yr Eglwys Newydd a Thongwynlais
Jonathan Evans
Labour/Llafur

**Cynghorwyr
Etholedig
Mai 2012**

Elected Councillors May 2012

